

Definitions of Commonly Used Terms in the Opioid Crisis

Definitions:

Upstream Approach:

If health for all is our goal, then upstream thinking is about addressing the things that have the greatest influence on our health, including income, employment, education, early childhood development, housing, nutrition and the wider environment.

PSE Approach: These definitions were developed by The Health Trust, www.healthtrust.org

Policy, Systems, Environment: PSE approaches seek to go beyond programming and into the systems that create the structures in which we work, live and play. These approaches often work hand-in-hand where, for example, an environmental change may be furthered by a policy or system change. Similarly a policy could be put in place that results in additional environmental changes. The process is not linear. At the end of the day, an effective PSE approach should seek to reach populations and uncover strategies for impact that are sustainable. Efforts may accelerate the adoption or implementation of effective interventions by effectively integrating approaches into existing infrastructures. Such approaches often include advocates, decision and policy makers.

Policy: Policy change includes policies at the legislative or organizational level. For example, institutionalizing new rules or procedures as well as passing laws, ordinances, resolutions, mandates, regulations, are all examples of policy change efforts. Government bodies (federal, state, local level), school districts and schools, park districts, healthcare organizations (hospitals, health systems), worksites, and other community institutions (jails, daycare centers, senior living centers, faith institutions) all have and make policies.

Systems: Systems change involves change made to the rules within an organization. Systems change and policy change often work hand-in-hand. Often systems change focuses on changing infrastructure within a school, park, worksite, or health setting or instituting processes or procedures at the system level that ensure a healthier workplace.

Environment: Environmental change is change made to the physical environment. Physical (Structural changes or programs or service), social (a positive change in attitudes or behavior about policies that promote health



or an increase in supportive attitudes regarding a health practice), and economic factors (presence of financial disincentives or incentives to encourage a desired behavior) influence people's practices and behaviors. While related to the environment, such changes are not isolated to a few households or individuals, but instead reflect a population- focused effort.

Primary Prevention: This definition was developed by the University of Ottawa

Primary prevention is concerned with preventing the onset of disease; it aims to reduce the *incidence* of disease. It involves interventions that are applied before there is any evidence of disease or injury. The strategy is to remove causative risk factors (risk reduction), which protects health and so overlaps with health promotion.